

LAND INFORMATION ACCESS ASSOCIATION

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Fresh Food Will Reach Thousands of Area Residents Empty Bowls™ Success !



Purchasing locally grown fresh foods to serve people in need.

Send to:

The Fresh Food Partnership is:

- Land Information Access Association
- Michigan State University—Extension
- Northwest Michigan Human Services Agency
- Traverse City Area Chamber of Commerce
- United Way of Northwest Michigan

Volunteers Connect Farms & Pantries

Many of us are simply one major car repair, serious illness, or injury away from an emergency situation. Rising gas prices are forcing some to choose employment closer to home, accepting underemployment from a narrowed job market.

In emergency situations, we look to friends, family, and the community for help and support. Area food pantries, shelters, and community meals programs are working hard to make a difference. With your support, the **Fresh Food Partnership** purchases fresh produce from local farms and with the help of volunteers delivers it to these local food pantries, shelters, and community meals programs for distribution to people in need.

By purchasing locally we also support our diverse agricultural resources. Farmers struggle between attractive development options and rising operating expenses, often balancing their field obligations with other jobs. Similarly, if transportation costs continue to rise, the only fresh food we will be able to afford will be the produce grown in our own community. We are fortunate to be able to enjoy some of the best produce available right here in the Grand Traverse area. With support from the community our agricultural diversity will continue.

Please take some time to learn more about the Fresh Food Partnership. We would be happy to make a presentation for your area church or community group to explain the program and report on our progress. For more information or if you would like to serve as a volunteer to help transport produce or make a donation, please call (231) 929-3696 or visit our website: www.freshfoodpartnership.org



We are thrilled to report a wonderfully successful third annual Grand Traverse Region **Empty Bowls™** Event. We welcomed over 300 guests and participants at the Park Place Dome on Sunday, April 17th to gather as a community to help fight hunger in our region. Thanks to the *Northern Michigan Potters & Sculptors Guild*, funds raised from the event were donated to the **Fresh Food Partnership**. For an individual donation guests chose that one special bowl from over 500 hand crafted ceramic bowls to take home as a symbol of all the empty bowls in the world. The bowls were created and donated by guild members, student artists from area schools, and potters from the Grand Traverse area.

With so many beautiful bowls to choose from the decision was often difficult. Some guests remedied the situation by making multiple donations in exchange for several bowls. Once the difficult decisions were made, each was invited to share in a simple meal of soup and bread. Guests sampled delicious soups from over twenty area restaurants and breads from many of the area's finest bakeries. TC Celtic provided joyous toe-tapping Irish tunes.

Good food, beautiful bowls, lively music, energy, fun, and fellowship were not all that made the event worthwhile. The atmosphere was one of humble generosity as guests and volunteers gathered in support of a common purpose. The community commitment seen in the hard work and effort of dedicated volunteers, artists, and supporters was remarkable. Participants made a tremendous show of kindness in gathering to raise funds to supply hungry people with fresh healthy food from our own local farming community.

GOOD SHOW!

Thanks to Empty Bowls Participants!

Our sincere and heartfelt thanks go out to those who graciously donated food, time, effort, and hard work. The success of the **Empty Bowls** event would not have been possible without the support and contributions of the following businesses and community members:

Ceramic Bowls:

Northern Michigan Potters & Sculptors Guild, students from Suttons Bay High School, Leland High School, Interlochen Arts Academy.

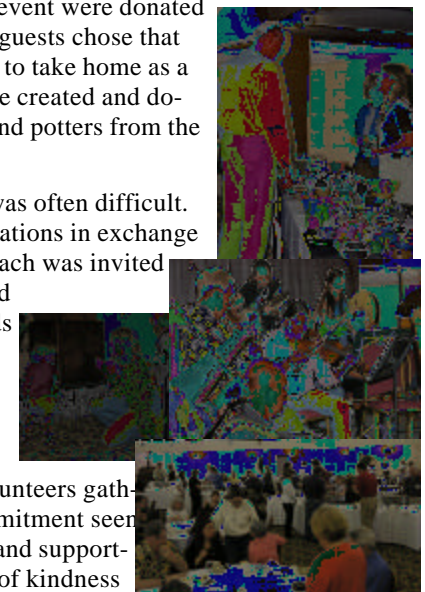
Business Sponsors:

Plamondon Shoes, Estes Enterprises, Inc., Homestart!, Idea Stream, Harmony Home Construction, The Plant Lady, Burritt's Fresh Market, Traverse City State Bank, Traverse City Area Chamber of Commerce, Northwestern Michigan College, Becky Thatcher Designs, United Way of Northwest Michigan, Ford Insurance Agency, Northern Express, Michigan Land Use Institute, Traverse City Record Eagle, Land Information Access Association, Spectrum Paint, Cali's Cottons Boutique, Max's Service, Northwest Food Coalition.

Food:

Soups: 310 Restaurants and Bar, North Peak Brewing Co., Old Mission Tavern, Pearl's New Orleans Kitchen, Green House Café, Scott's Harbor Grill, Riverside Inn, Red Mesa Grill, Traverse City Big Boy, Ham Bonz, La Senorita, Hanna, Trattoria Stella, Amical, U & I Lounge, Hofbrau, Ciao Bella, Freshwater Lodge, Chianti's, Oryana Natural Food Co-op, Poppycock's.

Bread: Bay Bread, Stone House Bread, Java Jones, Earth & Hearth, Pleasanton Brick Oven Bakery, Grand Traverse Bagel & Bakery, Mabel's Restaurant, Hanna.Continued on page 2



Fresh Food News
from the **Fresh Food Partnership**

Special thanks to *Allegra Printing & Imaging* for printing of this newsletter

Special Thanks to Sponsors, Contributors & Volunteers!

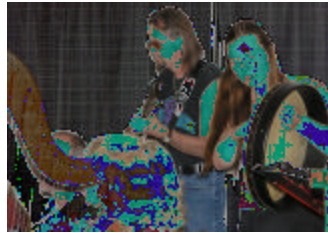
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Food:

Coffee and Dairy: Higher Grounds Trading Co., Shetler Family Dairy.

Music:

TC Celtic (for those of you who didn't get enough of their music they play at The Loading Dock on Monday evenings from 7:00-9:00 pm. Children are welcome.)



Bauman, Caleb Blatt, Bill Ashley, Laura Braun, Mary McRae, Tom Ramsey, Jessica McQueer, Jessica Kooistra, Nicholas Newman, Tina Garcia, Erica Zell, Shamara Gore; Stan Kimmel, Sue Kimmel, Esperanza Santiago, Peter Payette, Carol Hueller, Sandi McArthur, Bob Shetler, Leah Shetler, Mary Dueweke, Sara Davis, Crystal Clark, Caleb Gerhard, Rachell Gerhard, Nicole Premo, Janice Binkert, Karen Sundberg, Kris Sundberg, Erik Sundberg, Penny Connanon, Jim Connanon, Laurie Serrano, Ruby John, Cameron Schecke, Alex Schecke, Joe VanderMeulen, Bronwyn Jones.



We would also like to express a special thanks to **The Park Place**, Mike Reude, Jesse and staff.

Volunteers:

Charlie Chamberlain, Stephen Nance, Allen Nance; TBA Culinary Arts Program: instructor Karl Malin, students Amanda

2004 Volunteers Receive Tribute from Governor

Thanks to the hands and generous hearts of over 35 volunteer workers, the final tally was approximately 26,616 pounds of locally grown fruits and vegetables that were given to needy families in the Grand Traverse Region during the 2004 season.

On Tuesday, November 9th, 2004, the *Fresh Food Partnership* celebrated the accomplishments of its volunteers. Pantry and grower participants also demonstrated their appreciation during a reception held at the **Traverse City Area Chamber of Commerce**. Volunteers received a gift from the *Fresh Food Partnership* and a tribute from Governor Granholm in recognition of their hard work and commitment.

Through this program that has no precedent anywhere in the state, *Fresh Food Partnership* volunteers worked all summer



to purchase over 13 tons of fresh produce from 26 farmers, taking the produce to 27 food pantries, homeless shelters and community meals programs located throughout our region. We estimate that over 6,500 hungry people benefited from these healthy fruits and vegetables which were distributed from June through October of 2004.

CONGRATULATIONS AND THANK YOU VOLUNTEERS!!

Rod, Connie, and Robert Jason, John and Sally Ellinger, Rhonda West, Doug Salerno, Mike Smith, Rachell Gerhard, Elmer and Maryann Bisler, Claudia Schmidt, Barbara Egan, Anne Hanson, Jenny Manville, Solvie Gustafsen, Barbara Olsen, Harriet Jones, Chris Fluharty, Robin Nance, Kathy Connor-Herrera, Bronwyn Jones, Louis White, Joe Blondia and Leelanau School students.

Our Third Season Has Begun

The *Fresh Food Partnership* has begun purchasing and transporting fresh food for the program's third year of operation. Over the 20-week growing season, we expect to purchase and deliver over 20,000 pounds of fresh fruits and vegetables – helping to feed thousands of needy people in our region.



To make these purchases possible, the *Fresh Food Partnership* relies on gifts, grants and individual contributions from people and organizations in our region. This year we have received major gifts of \$1,500 or more from the **Walker Foundation of Muskegon**, **Shumsky Foundation of Traverse City**, **Central United Methodist Church of Traverse City**, and **Oryana Natural Food Co-op**. The *Empty Bowls* fund raiser, described above, has provided a significant amount of support as well. Perhaps most important, more than 75 people have provided individual contributions. These tax-deductible donations, ranging from \$25

to over \$1,000, make this program possible.

Since the beginning of June our hard-working volunteers have purchased over 1,750 pounds of produce from area farms and transported it to local food pantries, shelters, and community meals programs for distribution. This amount of food has been enough to provide more than 1,100 people with a full day supply of fruit and vegetables at the amounts recommended by the USDA for good nutrition. So far this season, there are more than 22 volunteers, 28 farms, and 27 pantries participating in the *Fresh Food Partnership* program.



If you would like to serve as a volunteer transporting produce, staff an information booth, or make a donation, please call us (231-929-3696) or visit our web site at:

www.freshfoodpartnership.org

Oryana Will Donate a Portion of All Sales on July 16th

Not your average grocery store, *Oryana Natural Food Co-op* has always supported area farmers. For over 20 years, *Oryana* has offered our community a unique place to shop for healthy, wholesome food—much of it locally grown. From the early days on Cherry Bend Road to Randolph Street to their current location at the corner of Lake and 10th Streets, their commitment toward sustainable community has remained.

They have been supporting *Fresh Food Partnership* since the beginning as well. As a pilot project in 2003, the folks at *Oryana* put their faith in this new initiative linking local farms with people who do not have access to healthy fresh food. As host of the region's first *Empty Bowls*TM event they enthusiastically displayed the hand crafted ceramic bowls donated by the artists of *Northern Michigan Potters and Sculptors Guild*, provided bowls of fresh, healthy soup and bread, and donated hours of labor towards a worthwhile cause.

Oryana's support continued through donated food, labor, and promotion for the 2004 and 2005 *Empty Bowls* events. They've given generous contributions, food for distribution through area pantries, and project publicity. Their support does not end there. For one day, on **Saturday, July 16th**, *Oryana* will contribute a portion of their total sales to *Fresh Food Partnership*. These funds will be used to purchase food from local farmers for delivery by volunteers to area food pantries, shelters, and community meals programs for distribution to people in need.

We are deeply grateful for the goodwill and community leadership *Oryana* shows through their continued support. We invite you to shop at *Oryana*, at the corner of Lake and 10th Streets in Traverse City on **Saturday, July 16th** from 8:00am until 8:00pm. Not only will you find the healthiest food around, you will be helping to support local agriculture and feed hungry people through *Fresh Food Partnership*. We hope to see you there.



Your Gifts Make the Difference . . .

With a gift of \$50, you will ensure that three families of four people each (12 people) will receive a three-day supply of fresh food. A \$50 purchase of local food might include:

10 pounds tomatoes	3 pounds carrots
3 pounds lettuce	12 pounds broccoli
10 pounds summer squash	6 pound green beans

Please help us feed hungry people and support local farming in the Grand Traverse Region. Make a tax-deductible donation to the *Fresh Food Partnership* today. Please select the amount, fill out the form below, and send your check to:

Fresh Food Partnership, 324 Munson Avenue, Traverse City, MI 49686.

You may also make a donation on-line by visiting our web site: www.freshfoodpartnership.org.

_____ \$10.00 _____ \$25.00 _____ \$50.00 _____ \$75.00
 _____ \$100.00 _____ \$500.00 \$ _____ (other amount)

Name _____

Address _____

City/State/Zip _____